

Las Sendas Up Close

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October 2026

Mesa Community College events GIVE BACK TO THE COMMUNITY

Submitted by Mesa Community College

Mesa Community College (MCC) is an important resource for not only the community's academic needs but for its civic needs as well.

Working tirelessly with community leaders, educators, businesses, and organizations, MCC offers events that not only inform but entertain.

One of the most popular events sponsored by Student Life and Leadership on the Red Mountain Campus is the annual Halloween Extravaganza. This signature event will be held from 5:30 to 8:30 p.m. on Friday, Oct. 30 at 7110 E. McKellips Road, in Mesa. This is the first time the event is being held a day prior to Halloween. It is completely free and open to students and the general public.

Highly popular with local families, the Extravaganza has grown in attendance since 2011, attracting an estimated 1,500 people annually. "I think it's popular because parents know it is a safe environment for their children to get a trick-or-treat experience, with the addition of games and activities," said Erica Horihan, student life and leadership coordinator.

Activities are geared toward children with themed trick-or-treat booths like Harry Potter, Super Heroes, Barbie, Scooby Doo, Vintage Arcade, and Zombie



Doctors. Other activities have included arts and crafts and a Super Mario obstacle course. A dance contest will be hosted by MCC's Disc Jockey program as well as fun photos for families and groups to take home.

"In addition to the great experience that attendees have at the event, it's a good opportunity to give back to our community," Erica emphasized.

Another civic-minded gathering MCC Red Mountain sponsors is the annual Empty Bowls charity



event to help fight hunger and bring about change in the community; all proceeds benefit the Paz De Cristo Community Center in Mesa.

The 2026 event is scheduled from 10 a.m. to 3 p.m. on Tuesday, Nov. 3 in the Red Mountain Campus Saguaro building lobby. For \$10, attendees can select a handmade bowl, created by MCC ceramics students and community members. A simple meal of soup and breadsticks, provided by Red White and Brew of Mesa, will be served along with the purchase. Empty Bowls also features a silent auction of select art pieces.

This year's Empty Bowls community sponsors include Laguna Clay, Mesa Arts Center, Pita Jungle, Friendship Village Tempe, Dobson High School, and Desert Ridge High School as well as volunteers from the MCC Art Department and New Frontiers for Lifelong Learning. In 2025, the MCC Empty Bowls events generated \$12,000 for Paz De Cristo.

As the 2026-2027 academic year kicks into high gear, MCC will continue to provide diverse opportunities not only to support student success but to strengthen, enhance, and empower the community. ■

Visit mesacc.edu/events to learn more about the events and activities sponsored by the college.



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EDUCATION

WHY DR. SEUSS NOW?

By Dr. Anjum Majeed, Founder, Self Development Academy

WHAT COGNITIVE SCIENCE CAN TEACH US ABOUT LEARNING TO READ

After nearly two and a half decades, I returned to kindergarten to teach part-time, curious to see what cognitive science and the science of reading and mathematics look like in the earliest years. During a phonics lesson on the long *a* sound, the word *cake* was on the board. I asked for other words with the same sound. The children offered *bake*, *lake*, and *rake*. One child added *ate*.

“What pattern do you see?” I asked. One child responded, “Consonant, vowel, consonant, vowel.” We tested the pattern until we reached *ate*. He paused, then revised it: “Vowel, consonant, vowel.”

The children were doing more than practicing phonics. They were using what they knew to recognize a pattern, test an idea, and revise their thinking. It made me wonder: What other language experiences encourage children to listen closely, notice patterns, and become curious about words?

That question brought me back to Dr. Seuss.

WHAT ARE WE LOSING?

We have become more knowledgeable about how children learn to read at precisely the time when some of the language experiences that once surrounded them are disappearing. For generations, children heard and repeated nursery rhymes, songs, and poems before they could read. Through play, they encountered sounds, patterns, vocabulary, rhythm, and rhyme.

Today, fewer children appear to enter school knowing traditional nursery



rhymes. Reading aloud also occupies less time in many children’s lives, and some educators report that singing together has become less common in school.

Research has connected early knowledge of nursery rhymes with phonological awareness and later reading and spelling. Studies also suggest that adding music to nursery rhymes can support verbal memory. Rhythm and rhyme draw attention to the sounds of language, while repetition helps children remember and anticipate what comes next.

Maybe we appreciated the value of this simple language learning approach more than we realized.

WHY DR. SEUSS?

Dr. Seuss offers many of these same qualities: rhythm, rhyme, repetition, patterns, unusual words, humor, and language children want to repeat.

Literacy researcher Beth Phillips of the Florida Center for Reading Research points to an interesting value in Dr. Seuss’s invented words. She explains that they can spark word consciousness, a metacognitive attention to words and their meanings. Children begin to wonder: Is that a real word? What might it mean?

Phillips notes that this curiosity matters because an interest in learning what words mean is associated with learning more words.

Repetition also has a purpose. When we pause before a familiar word, children remember it. When a pattern changes, they notice and think again.

THE ROLE OF STRUCTURED PHONICS

Dr. Seuss is not a reading curriculum.

For beginning readers, predictable text can sometimes encourage reliance on repetition or context rather than



careful decoding. Education Week has reported research and expert concerns that when children rely on predictable text and other cues to identify unfamiliar words, they may underuse the phonics skills they are learning. For this reason, Dr. Seuss belongs alongside systematic phonics instruction and carefully selected decodable texts, rather than in place of them.

Self Development Academy uses a structured phonics curriculum. The focus is on teaching children to hear and manipulate phonemes, connect sounds to letters, blend and segment sounds, recognize spelling patterns, and decode.

Dr. Seuss adds something different. In preschool, his books enrich oral language through rhyme, rhythm, vocabulary, and repetition. In kindergarten, teachers can connect that language play to explicit learning: *What sound do you hear? What pattern do you notice? Which words rhyme? Is that a real word or a “Seuss” word?*

RIGOR AND JOY

Explicit instruction builds knowledge and skills. Poetry, stories, rhyme, rhythm, and song give children another place to use that knowledge and remain curious about language. Just the other day, during a kindergarten read-aloud, a child struggled with the word *where*. Another little hand went up. “That’s the same word in *Where Go the Boats*.”

The class had learned Robert Louis Stevenson’s poem the week before and sung it to music. The child remembered the word from the poem and recognized it in a new reading.

Teach explicitly. Give children language worth remembering. Then give them opportunities to use what they know. That is why Dr. Seuss. That is why now. ■



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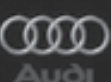
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LOCAL BUSINESS

THE GREATEST

By Tim Beaubien, Hava Java Mesa

About a year ago I made a picture collage of famous people from my youth. All people I remember from TV, the news, and movies.

Each one says something to me. Somewhere close to center is the picture of Mohammad Ali. The 1965 pic of the rematch with Sonny Liston.

In the first-round Ali gave him a staggering blow that put Sonny on the mat. Because of the time it took him to get to his feet it was ruled a knockout.

As a kid in the sixties, I always loved this picture. Ali knew he was the greatest, and his expression showed it. I can't help it, but I love this confidence in any person. It's not arrogance because he was the greatest and he proved, time and time again. Like they say, "It's not bragging if you can do it."

I should back up a little. I was raised in the Detroit area my entire life. My parents I describe as typical 1960 businesspeople. Cigarettes and highballs after dinner were the norm. "Hunny, will you make me a highball," was a common request from dad.

Unfortunately, racial predigest was the norm in our house as well. Because Ali was such a controversial person, he was not very popular.

After all, he changed his name in the early sixties from Cassius Clay to Mohammad Ali when he joined the Nation of Islam. He refused to be drafted in 1967 because of his beliefs. He was then stripped of his titles but later went to court and got them back. And then, his poetry



Barb and Tim Beaubien

statements about himself really put them over the edge.

He truly was "The Greatest." He is often regarded as the greatest heavyweight boxer of all time. He held *The Ring* magazine heavyweight title from 1964 to 1970, was the undisputed champion from 1974 to 1978, and was the WBA and Ring heavyweight champion from 1978 to 1979.

In 1999, he was named *Sportsman of the Century* by *Sports Illustrated* and the *Sports Personality of the Century* by the BBC. As a boxer, Ali was known for his unorthodox movement, footwork, head movement, and rope-a-dope technique, among others.

Enter into this story a very good customer, Doug. Doug and his two friends Vinny and Mike are a few years my senior. Doug must have noticed my collage, because about a week ago he tapped me on my shoulder and pointed to his back. He was wearing a Mohammad Ali T-shirt. This sparked a conversation, which also started me thinking.

Have we come to a point in history where we can look back on this man and just appreciate the athlete he was? Did he suffer from human faults? Of course. Does that take away from his extraordinary accomplishments? I say no.

He was called a coward for not going to Vietnam. To that I say, you should have stepped into the ring with him and seen. ■

Please like and follow us on our new Facebook page – Hava Java Mesa-Beans, Beer, Wine, Music.



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LOCAL BUSINESS

Sweet Repeats Opens New Mesa Location

Expanding a Local Consignment Tradition

Submitted by Sweet Repeats
For more than 15 years, Sweet Repeats has been helping East Valley shoppers discover that great style doesn't have to come with a high price tag. What began as a neighborhood consignment boutique has grown into a trusted destination for affordable fashion, unique finds, and a shopping experience that keeps customers coming back. Today, we're excited to announce the opening of our new and expanded Mesa location, the next chapter in the Sweet Repeats story.

Our new store was designed with both shoppers and consignors in mind, with a convenient and close-by location at 6321 E. Southern Ave. in Mesa, near Power Road and Superstition Springs Center.



With a significantly larger sales floor, we're able to offer an even wider selection of women's and men's clothing, shoes, handbags, and accessories. Alongside our carefully curated consignment inventory, shoppers will also find brand-new overstock merchandise from national retailers, giving them access to current styles at a fraction of original retail prices.

The new location also allows us to better serve our community with longer shopping hours and more consignment days, making it easier than ever to buy, sell, and save. Whether you're cleaning out your closet, searching for designer brands, or simply looking for an affordable way to refresh your wardrobe, Sweet Repeats offers something for every budget and every style.

Consignment has always been about more than fashion. It's about extending the life of quality clothing, reducing waste, and creating a more sustainable way to shop. Every item sold represents money earned by a local consignor and another piece of clothing given a second chance instead of ending up in a landfill. It's a win for our customers, our consignors, and our community.

As a locally owned and family-operated business, we are incredibly grateful for the support we've received over the years. Many of our customers have been shopping with us since our earliest days, and we've been fortunate to welcome



new generations of shoppers and consignors along the way.

Our new Mesa location represents an investment in the future of Sweet Repeats and our commitment to creating the best consignment shopping experience in the East Valley. We invite everyone to stop by, explore our expanded selection, and see what's new.

Whether you're hunting for one-of-a-kind treasures, shopping for the latest trends at unbeatable prices, or looking to earn money by consigning your gently loved clothing, we'd love to welcome you to our new home. ■

Visit our new location at 6321 E. Southern Ave. in Mesa, or on our website at sweetrepeatsmesa.com. See Facebook: @SweetRepeatsMesa or Instagram: @SweetRepeatsMesa.

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Our new Mesa location means more of what you love: a larger store, more great finds, more consignment days and extended shopping hours. Whether you're shopping for your next favorite outfit or ready to turn clothes you no longer wear into extra cash, Sweet Repeats is the place to shop, consign and save!

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A Bright, Welcoming Happy Hour AT THE LAS SENDAS GOLF CLUB

By Kimberly Alvarado

There's something special about choosing a get-together destination that's just around the corner. The Patio & Grille, where a short drive and a familiar welcome, made a recent birthday celebration extra special. The birthday girl chose it for the easy atmosphere, great food, and the comfort of a community gathering place on a scorching summer afternoon.

Here's what our "party of eight" experienced locally: A genuine welcome from staff set the tone for a relaxed memorable evening. The space was bright, welcoming, and buzzing with the kind of positive energy that makes you feel instantly ready for some engaging fun. We settled into a pair of high-top tables that the staff happily pushed together, giving us an interactive setup perfect for gift-opening and conversation.

The staff was not only accommodating but genuinely pleasant – checking in with us, sharing a few laughs, and making sure we had everything we needed. Their friendly, interactive approach added an extra layer of enjoyment to the night.

As we eased into the celebration, the food became an instant highlight. We ordered a spread of happy-hour favorites: Loaded Nachos, Lettuce Wraps, and the standout Black Tiger Tempura Shrimp with Chipotle Aioli and a fresh lemon wedge.

Each dish arrived beautifully presented and full of flavor, ideal for sharing among our lively group. The nachos were piled high with all the essentials, the lettuce wraps were crisp and refreshing, and the tempura shrimp delivered that perfect balance of crunch and spice.

Drinks flowed just as easily as the conversation. Some of us sipped on specialty happy-hour cocktails that were bright, refreshing, and crafted with just the right amount of flair. Others enjoyed glasses of wine. The specially selected happy-hour menu drink choices made it simple for everyone to settle into their preferred pace, whether they wanted something light and bubbly or something smooth and familiar. One of the best parts of the evening was how seamlessly the staff allowed us to personalize the celebration. We were able to bring in a birthday dessert, which made the moments feel even more special. The staff didn't just permit it, they celebrated with us, adding to the warm, communal feel of the night. As we enjoyed our time together, we noticed the positive vibe extending well beyond our tables. Families lingered over shared meals for casual catchups. The whole space felt like one big neighborhood moment.



It reinforced what we already felt: The Patio & Grille isn't just a postgolf hangout, it's a genuinely fun, easy local place to gather for birthdays, casual meetups, and small celebrations of all kinds. Celebrations have a way of bringing people together and the local destination proved to be effortlessly enjoyable! By the end of the evening, our group left feeling connected, relaxed, and grateful for a smooth, enjoyable experience. The combination of great food, friendly staff, and a bright, inviting setting made The Patio & Grille a standout choice for an hour of happiness that turned into a few hours of engaging conversations, while celebrating the birthday of a friend that radiates sunshine. It's a local place we'll undoubtedly return to in the future. It offered a setting that made togetherness feel easy. ■

Please tell us about your positive experiences at the Las Sendas Golf Club. Write and send us your time with family and friends. Send pictures and the fun, memorable experience and we will publish them for you. Send information to publisher@phillipswest.com.

Las Sendas

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LOCAL BUSINESS

Making Sense of MEDICARE INFORMATION

By **Lynne Jones,**
Tapestry Insurance

The Medicare Annual Enrollment period is from Oct. 15 to Dec. 7.

Coming soon is the time you can review your current Medicare plans and make changes to start the first of next year.

This can be a daunting task with so much information to filter through. From TV commercials to phone calls and mail, it seems everyone wants to enroll you in their plan.

This year, there are more than 80 different plans available in Arizona; no wonder it is intimidating. Each plan offers different things like hearing aids, dental coverage, out of network coverage, etc.

How to choose? As I meet with people, I hear how nice it is to talk with someone instead of ending up in an endless loop or speaking with an automated voice.

Something as important as making a choice about your health coverage really needs an actual person who can talk to you, understand your specific needs, and help guide you.

Please don't turn to the 1-800 centers. Instead look for a local Medicare agent. I am certified with many carriers and can help you pick a plan that will work best for you.

If you are new to Medicare or just want to have an opportunity to review your current plans, please feel free to call me or send me an email and schedule an appointment.

We can have an in-home meeting or a phone call. I look forward to hearing from you. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246 or email at jonesdvp@yahoo.com.



EVENT

The Mahnah Club will host FALL LUNCHEON at The Vistas Pavilion

Submitted by The Mahnah Club

The Mahnah Club of the East Valley will be hosting their fall luncheon, "Better Together," on Saturday, Nov. 7 at 11 a.m. at The Vistas Pavilion at Las Sendas.

The occasion will be a fun social event with great food, entertainment, raffle baskets, auctions, and door prizes, with all the proceeds going directly to the children and families of the organizations we support, such as Save The Family, A New Leaf, and Child Crisis Arizona.

As we reflect on our 73-year journey of volunteering, fundraising, and community service, we are humbled by the unwavering support from our community. This year our theme is *Better Together*, as we all know that we are better together when we work as a team.

The Mahnah Club is much more than just fundraising. We are a group of women who care about the community and each other. A sisterhood if you like, who wants to help others and have for decades.

The luncheon will take place from 11 a.m. to 2 p.m. on Saturday, Nov. 7 at The Vistas Pavilion at Las Sendas, located at 7555 E. Eagle Crest Drive, in Mesa. ■

Tickets are \$85 and are available on our website — mahnahclub.org. You can also go to our website for more information. Please RSVP by Oct. 20. We hope to see you there.





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taking tone
and texture
improvement to
a new category of
youthful vibrance.**

BENEFITS SEEN

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LIGHTRENEW® IS HELPING PATIENTS FEEL BETTER, FASTER WITH THE HELP OF CUTTING-EDGE CLASS IV DEEP TISSUE LASER THERAPY, WHICH REDUCES INFLAMMATION, BOOSTS BLOOD FLOW, AND HELPS PATIENTS HEAL – WHETHER THEY’RE SUFFERING FROM CHRONIC PAIN, RECOVERING FROM SURGERY, OR DEALING WITH A RECENT INJURY. TO DO THIS, LIGHTRENEW® OWNER DR. CALDWELL USES LIGHTFORCE® THERAPY LASERS, WHICH UNLIKE WIDELY AVAILABLE RED LIGHT DEVICES OR COLD LASERS THAT ONLY REACH THE SURFACE OF THE SKIN, PENETRATE DEEP INTO MUSCLE AND BONE TISSUE AT 980 NANOMETERS OR HIGHER, TRIGGERING A PROCESS KNOWN AS PHOTOBIOMODULATION. “EVERY PROFESSIONAL SPORTS TEAM AND DIVISION I PROGRAM IN NORTH AMERICA USES THIS LASER FOR GOOD REASON,” HE SAID. “IT DELIVERS 40 WATTS OF ENERGY PER SECOND TO THE AREA OF CONCERN, WHICH ALLOWS THE BODY TO CREATE NEW BLOOD VESSELS - THAT’S THE MAGIC INGREDIENT. BLOOD IS THE CATALYST THAT BRINGS ALL THE NUTRIENTS YOUR BODY NEEDS TO HEAL.”

THE TREATMENTS HAVE BEEN SHOWN TO SIGNIFICANTLY REDUCE RECOVERY TIME FROM INJURIES OR SURGERY. IN ONE CASE, DR. CALDWELL TREATED AN AIRLINE PILOT WHO BROKE HER ANKLE, AND AFTER JUST A FEW WEEKS OF INTENSIVE TREATMENT, SHE WAS CLEARED BY HER SURGEON TO RETURN TO WORK FOUR MONTHS AHEAD OF SCHEDULE.

“MY PATIENTS FEEL A DIFFERENCE AFTER THE FIRST TREATMENT, EVEN ADULTS IN THEIR 50S, 60S, 70S, OR BEYOND,” HE SAID. “I EXPLAIN IT LIKE WATERING A PLANT - YOU NEED WATER TO CARRY NUTRIENTS DOWN TO THE ROOTS, OR THE PLANT STARTS TO DIE. IN THE BODY, BLOOD FLOW IS WHAT DELIVERS OXYGEN AND NUTRIENTS TO MUSCLES, NERVES, AND BONE TISSUE. WITHOUT IT, TISSUE BREAKS DOWN.”

WHILE TRADITIONAL HEALING PROTOCOLS CAN REQUIRE MONTHS OF COMMITMENT, LIGHTRENEW’S TREATMENTS ARE AFFORDABLE AND FAST – WITH A TYPICAL TREATMENT LASTING JUST 10 MINUTES AND OFTEN REQUIRING ONLY FIVE TO TEN VISITS. FOR CHILDREN, WHO ARE PRONE TO FAST HEALING, RECOVERY CAN HAPPEN WITH A SINGLE TREATMENT. FOR THE BEST OUTCOME, EACH PATIENT RECEIVES A CUSTOMIZED TREATMENT PLAN FROM DR. CALDWELL DURING THEIR CONSULTATION.

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LASER VIDEO


REAL ESTATE

YOU DON'T KNOW WHAT YOU DON'T KNOW
That's Why You Work with a Realtor

By Lorraine Ryall, Associate Broker, CDPE, CSSN, CNE
KOR Properties

Recently, I met with homeowners who were considering selling their home. As we walked through the house and talked about the selling process, they started telling me about what happened when they purchased the home a few years earlier.

They shared issues that came up during the inspection, information they felt they hadn't received from their Realtor, and problems they encountered within the first few months of owning the home. As they told me more, I realized that some of those issues may have been avoided with the right questions, information, and guidance.

It made me think of the saying, "You don't know what you don't know." Buying or selling a home is probably one of the best examples of where that saying applies.

For most people, buying or selling a home is something they may only do a handful of times in their lives, and for first-time home buyers the process can be especially daunting. Yet they are suddenly expected to make decisions involving hundreds of thousands of dollars, legal contracts, inspections, appraisals, financing, disclosures, deadlines, and negotiations.

That is why it is so important to work with an experienced Realtor who has the knowledge and expertise to educate, guide, and advocate for you every step of the way.

IT'S NOT JUST ABOUT FINDING A HOUSE

With so much information available online today, it can be easy to think a Realtor's role is simply to schedule showings, open doors, write an offer, or put a home in the MLS.

But those are just the mechanics of a real estate transaction, and only a small part of what an experienced Realtor should be doing.



When representing a buyer, a Realtor should look beyond the home itself and consider the entire transaction through the eyes of the client. That means knowing what to look for, anticipating potential issues, asking the questions the buyer may not know to ask, explaining the options along the way, and advocating for the buyer's best interests throughout the process.

YOU HAVE OPTIONS - IF YOU KNOW ABOUT THEM

Real estate contracts provide buyers and sellers with rights, protections, and choices, but those protections are only valuable if you understand them.

A buyer may not realize there are additional inspections they can perform beyond a general home inspection, such as a roof, pool, sewer scope, etc.

They may not understand their options when an appraisal comes in low, when an inspection uncovers an expensive problem, or when something concerning appears in the seller's disclosures.

SELLERS FACE THE SAME ISSUE

Should you make repairs before listing, or sell the home as-is? Should you replace aging carpet or offer an allowance? Which improvements are likely to help the home sell, and which ones probably won't provide a return? What should you disclose? How should you respond to an inspection request without unnecessarily giving away thousands of dollars?

There is rarely one answer that is right for everyone. The important thing is knowing what your options are before making the decision.

THE DETAILS CAN MATTER LONG AFTER CLOSING

One of the reasons experience matters so much in real estate is that seemingly small details can have significant consequences.

Something overlooked during an inspection can become an expensive repair after closing. A seller who doesn't fully understand disclosure requirements could face questions later. A buyer might accept a repair when a credit or price adjustment would have been a better solution. A seller might agree to something in negotiations without realizing there was another way to structure it.

Even warranties matter. For example, if repairs are completed before closing, is the warranty transferable to the new owner?

These aren't necessarily things the average buyer or seller would think to ask.

Why would they?
That's exactly why they hired a professional.

ADVOCACY IS ONE OF THE MOST IMPORTANT PARTS OF THE JOB

A good Realtor should do more than process paperwork and keep a transaction moving. They should advocate for their client.

That means explaining the contract instead of simply asking for signatures. It means pointing out potential concerns, discussing the pros and cons of different choices, anticipating problems before they become bigger problems, and making sure important deadlines aren't missed.

Because in real estate, what you don't know really can matter. Having the right Realtor by your side isn't just about getting you from contract to closing. It's about making sure you understand your options, protecting your interests, and helping you make the best decisions for your individual situation. ■

If you have questions about buying or selling a home, or simply need information about the real estate market, please don't hesitate to reach out. I'm always happy to help.

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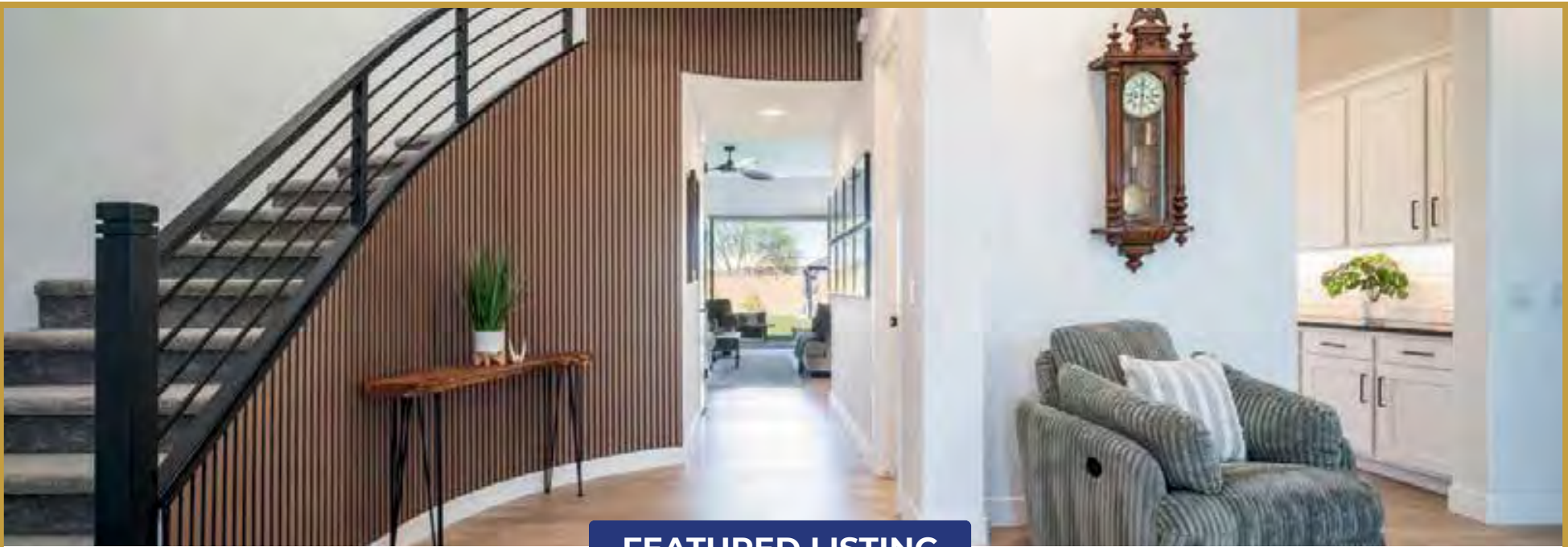
CUSTOMER TESTIMONIAL

★★★★★

“Lorraine is the best. She helped me purchase a new house in Las Sendas and successfully sold my old house there. She is professional, personable and really knows the real estate business inside and out. She and her team have my highest recommendation as your expert realtor!”

–Jim

www.UpCloseAZ.com



FEATURED LISTING



RESERVE RED ROCK - 5928 E SIERRA MORENA ST - \$995,000
3615 Sq Ft 5 BR/ 4.5 BA, Backs to Park, Mountain Views



PENDING

LAS SENDAS - 7260 E EAGLE CREST Dr #34 - \$1,350,000
2890 Sq Ft 4 BR/ 2.5 BA, Unobstructed Red Mountain Views



SUNLAND VILLAGE- 520 S GREENFIELD RD #22 - \$309,999
1446 Sq Ft 2BR / 2 BA, Bonus Room, Backs to Greenbelt



PENDING

GRANDVIEW ESTATES - 8723 E HILLVIEW ST - \$615,000
2298 Sq Ft 4BR / 2 BA, Pool, Mountain View



LAS SENDAS - 3055 N RED MOUNTAIN 113- \$560,000
2150 Sq Ft 3 BR / 3 BA, Cul-De-Sac, Backs to Wash



Lorraine Ryall

ASSOCIATE BROKER, CNE, CSSN



REAL ESTATE

An Interesting Start to Our Fall Market

By John and Natascha Karadsheh, KOR Properties

Over the past several weeks, we have seen a noticeable increase in buyer activity. Several properties have sold within a day of being listed and others that have been on the market for a while suddenly had multiple offers.

Some buyers are relocating to Arizona, others are embarking on their search for a winter home, and many have been in the buyer pool for months, or even years!

What may be surprising to hear is just how many buyers are saying the same thing: "We just can't find what we are looking for."

That may seem strange when you hear reports that there is more inventory in the Valley than in past years. Statistically there is more inventory, but real estate is always much more nuanced than the headlines.

Today's buyers aren't just looking for any house; they are looking for "the one." They want the right location, perfect floorplan, desirable upgrades, and great amenities. At the same time, they are hesitant to buy deferred maintenance, aging interiors, and location defects.

So even though we are seeing many buyers who are ready to buy, they aren't moving forward because they simply aren't finding what they are looking for in the marketplace. And at today's prices, they aren't willing to compromise.

All of this is happening in the wake of rising mortgage rates and rising Fed rates. In fact, if you only looked at the rate news of the past few weeks you might



Natascha and John Karadsheh

assume that the market would have halted to a standstill. Rates absolutely matter, particularly for buyers who are financing a large portion of their purchase. But many people moving to Arizona aren't making their decision to purchase based solely on an interest rate. They are coming for jobs, family, sunshine, lower taxes, outdoor living, and a quality of life that continues to make the Valley a very desirable place to call home.

For homeowners who have been thinking about selling, all of this creates an interesting opportunity. There is a tendency to think spring is always the "best" time to sell a home. However, that isn't always the case. October brings cooler weather, returning winter visitors, and buyers who often have a very specific reason for being here. Our homes and communities also begin to show at their very best.

Moreover, the demand has increased, and buyers are ready but the homes they are looking for simply aren't on the market yet.

If you have been thinking about selling, this may be a very good time to have a conversation about what buyers are looking for in your neighborhood and whether your home might be a great fit.

If you are on the hunt for the perfect home, we also suggest you reach out. If we know what you are looking for, we may just be able to match you with a seller who is thinking of selling.

Give us a call today for a complimentary consultation and let us help you make your next move! ■



Whether you are buying or selling, the key is to be prepared, educated, and ready for the opportunities that are coming your way. We would love to help you build a strategy for success, so call us today for your complimentary consultation

at (602) 615-0843. We have decades of experience, community knowledge, and the insight to answer all your real estate questions!

FINANCIAL FOCUS

WHAT DOES FINANCIAL FULFILLMENT ACTUALLY FEEL LIKE?

Submitted by Linda Drake, Edward Jones Financial Advisor



Linda Drake

Feeling financially fulfilled means so much more than the number in your bank account. It's being able to take your family out to dinner without calculating whether you can afford it. It means sleeping soundly on a Sunday night, knowing that if the water heater gives out tomorrow, you can handle it.

Yet true fulfillment is surprisingly rare. Only 16% of Americans consider themselves financially fulfilled, according to a 2026 study by Edward Jones and Gallup. But it's more achievable than you might think.

Financially fulfilled people tend to share five habits:

- One: They build an emergency fund.
- Two: They create a retirement financial plan.
- Three: They save intentionally for major milestones.
- Four: They put an estate plan in place.
- And five: They work with a financial advisor.

These aren't complicated steps. They're foundational, putting you in control. And when you take them, money can stop feeling like a source of stress and start supporting the life you want. ■

This content was provided by Edward Jones for use by Linda Drake, your Edward Jones financial advisor, at (480) 985-2651. Member SIPC.

Edward Jones, its employees, and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

Las Sendas Real Estate

MARKET REPORT

PRESENTED BY JOHN KARADSHEH

Sales for the Month of August 2026

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
7241 E Northridge St	1,372	Windsong	\$426,000
3764 N Ladera Cir	2,226	Echo Canyon	\$585,000
3450 N Sonoran Hills	1,926	Stoneledge	\$560,000
3564 N Tuscany	2,451	Rolling Hills	\$680,000
3748 N Barron	2,732	Highlands	\$745,000
3546 N Canyon Wash Cir	2,792	Grayhawk	\$890,000
3830 N Morning Dove Cir	3,129	Canyon Creek	\$882,000
7360 E Sandia Cir	3,842	Boulder Mountain	\$970,000
8407 E View Crest Cir	7,251	Diamond Point	\$3,900,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER KOR Properties www.KORproperties.com

FINANCES

Year-End Financial Checkup A Smart Investment for Your Business

Submitted by Tamara Klinetobe, Advanced Accounting and Tax Services



As another year comes to a close, business owners have an excellent opportunity to do more than simply prepare for tax season — they can strengthen their business for the year ahead. A year-end financial review is one of the most valuable tools for identifying tax-saving opportunities, improving profitability, and setting realistic goals for future growth.

Many business owners are so busy running their companies that bookkeeping and financial planning often take a back seat. Unfortunately, waiting until tax season to review your records can mean missed deductions, overlooked tax-saving opportunities, and unnecessary stress. Taking time now to review your financial statements, reconcile your accounts, and organize your records can save both time and money.

Before Dec. 31, there still may be opportunities to reduce your tax liability. Depending on your situation, you may benefit from purchasing needed equipment, making retirement plan contributions, reviewing estimated tax payments, writing off obsolete inventory, or evaluating business expenses that qualify as deductions.

Every business is unique, which is why tax planning should never be a one-size-fits-all approach. Meeting with a qualified tax professional before year-end

gives you the opportunity to make informed decisions while there's still time to act.

A year-end review is also an excellent time to evaluate your cash flow, review outstanding invoices, examine your budget, and establish financial goals for the coming year. Understanding where your business stands financially allows you to make better decisions and helps position your business for long-term success.

For more than 20 years, I've been helping individuals and business owners with their accounting and tax needs. As an enrolled agent licensed to practice before the IRS, I stay current on changing tax laws and work closely with my clients to provide accurate accounting, proactive tax planning, bookkeeping support, payroll assistance, and practical financial guidance throughout the year — not just during tax season.

Don't wait until the filing deadline to discover missed opportunities. Planning ahead can reduce stress, improve your financial picture, and potentially save you money. ■

If you have questions about your accounting or taxes, or if you'd like to schedule a year-end consultation, I would be happy to help. Contact Tamara Klinetobe at Advanced Accounting & Tax Services, Inc. by calling (480) 986-8730.

Together, we can develop strategies to minimize taxes, strengthen your financial records, and help your business start the new year on the right foot.



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5055 N. Hilton Avenue
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3 BR / 2 BA / 2 Car Garage / 1,640sf
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Newly Listed!

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COMMUNITY

Red Mountain Community Social Club HOSTS ANNUAL GARAGE SALE



By Cathy Barthel, Photos by David Bender

All clean-up is coming soon with the annual garage sale on Friday, Nov. 6 and Saturday, Nov. 7 of this year.

You know the feeling – that closet door that won't quite shut, the tool shed you've been meaning to tackle, the sweater you forgot you owned, the mystery gadget still in its box, the extra folding chairs that multiplied over the summer.

If you're sorting, purging, and searching for a great way to give those items a second life instead of sending them to the curb, we've got just the thing. Plus, it's a great way to earn extra cash for the upcoming holiday season.

The annual Red Mountain Community Social Club Garage Sale will be held next month at Red Mountain Ranch, Shadow Canyon, and Summit Park. Sanctioned by the Red Mountain Ranch HOA, the sale offers something for everyone — whether you're selling, shopping, or teaming up with friends for a block-style experience, you won't want to miss this!

Sellers receive many benefits for their participation fee of \$15:

- Signage at entrances and throughout the community
- Print and digital social media advertising
- Your home listed on the interactive map
- Most importantly, a liability insurance policy that protects you and your shoppers

Registration is open now, register before Oct. 30 to be included on the interactive map.

Visit [RMCSC.org](https://rmcsc.org) to register and get all the details.



OPEN INVITATION

Join us for our monthly speaker. On the second Thursday of the month (Sept. – Nov.; Jan. – May), we invite residents of our community to join us for our monthly meeting and speaker. We begin at 9:30 a.m. with light refreshments at Red Mountain Ranch Country Club.

Mahjong is coming to RMCSC, with a special class for beginners being held on Oct. 12 at RMRCC. Members can register and learn more at RMCSC.org. A playing schedule is being developed and will be announced at the class.

THERE'S NO BETTER TIME TO JOIN

Our season is in full swing, with plenty of opportunities to connect, learn, volunteer, and enjoy good food, good company, and great fellowship. ■

Mesa East Valley neighbors are invited to join today — simply visit [RMCSC.org](https://rmcsc.org) to get started. Our club welcomes couples and singles alike, all looking to make new friends and build lasting connections.





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PUMPKIN

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OCTOBER 17 – 31

Monday – Friday 11:30am – 7pm
Saturday & Sunday 10am – 6pm
Halloween 10am – 4:30pm

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EVENT

PUMPKIN PATCH
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OCTOBER FUN

Submitted by Red Mountain
United Methodist Church

Red Mountain United Methodist Church will host a pumpkin patch beginning Oct. 17 to Oct. 31, Monday to Friday from 11:30 a.m. to 7 p.m., and Saturdays and Sundays from 10 a.m. to 6 p.m. On Halloween, the pumpkin patch will be open from 10 a.m. to 4:30 p.m.

Come bring the family to the fun at 2926 N. Power Road, Mesa, in the east parking lot. Visit RedmountainUMC.com for more information.

"Join us at the pumpkin patch. Choose your pumpkin from a wide selection of shapes and sizes perfect for decorating, carving, and baking," said a church member.

Price is based on size of your pumpkin.

"An adventure for all ages – come to the east front parking lot of Red Mountain United Methodist Church to enjoy a relaxed, friendly environment for finding the perfect pumpkin. See you there – get ready for October fun!" ■

For more information, visit RedmountainUMC.com.

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EDUCATION

Mesa Public Schools presents
PROPOSITION 419
BOND INFORMATION

Submitted by Mesa Public Schools

The Mesa Public Schools Governing Board has called for a \$449 million bond election, known as Proposition 419, to appear on the Nov. 3 General Election ballot.

Voters who reside within Mesa Public Schools boundaries will determine whether the measure is approved.

Proposition 419 would address a portion of approximately \$1.4 billion in identified district capital needs. Projects were identified through facility assessments and input from the Governing Board, parent groups, and a community budget committee.

If approved, bond proceeds may only be used for capital projects and related expenditures and cannot be used for employee salaries.

The proposed bond funding is allocated approximately as follows:

- 70% – District facility improvements, including air conditioning (HVAC), roofing, plumbing, electrical systems, and structural needs
- 15% – Site-based projects identified by individual schools
- 10% – Safety, security, and technology infrastructure, including secure front lobbies, updated security cameras, and technology systems
- 5% – Career and Technical Education (CTE) improvements

The estimated tax rate associated with the proposed bond is \$0.81 per \$100 of net assessed value.

At Red Mountain High School, proposed projects include approximately \$35.8 million in major campus renovations, \$524,000 for Career and Technical Education updates, and \$1.6 million in fire protection improvements, along with other identified campus needs. ■

Voters may view the specific projects identified for each MPS school, as well as a tax calculator to estimate the potential impact based on property value, at mpsaz.org/Prop419.



LOCAL BUSINESS

What is the Difference between NAD+ and Niagen?

By Gina Van Luven, Owner, Prime IV Hydration & Wellness – Red Mountain Gateway

NAD+ is a coenzyme found in all living cells called nicotinamide adenine dinucleotide. It plays an important role in DNA repair, brain health, energy production, metabolism, and heart health. Niagen is a member of the B-vitamin family and a brand name for nicotinamide riboside or “NR” and is a precursor to NAD.

NAD levels decline with age, leading to age-related health issues like fatigue and cognitive decline. And negative lifestyle habits, like lack of exercise and a processed food diet, can further deplete NAD. Therefore, supplementing may help slow the aging process and protect against diseases.

The issue with taking NAD+ as a supplement, however, is the body’s inability to deliver it into your cells where it can be utilized. It will circulate in your blood stream and needs enzymes to break it down into smaller particles so it can be absorbed and then rebuild within the cell.

NAD must be broken down to NR and then built back up again. Because Niagen (NR) is already broken down, it can easily be absorbed by the cells and utilized to make NAD. In the form of injections or IVs, you can receive a greater amount of Niagen and bypass digestion, which can limit absorption.

At Prime IV Hydration & Wellness on Power and McKellips roads, we offer both Niagen and NAD+ therapies. For more information about how these supplements might benefit you, please call us at (480) 992-4202 or go to primeiveastmesa.com to schedule an appointment for a complimentary health evaluation. ■

Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road, Suite 106, in Mesa.



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LOCAL BUSINESS

What Actually Happens When You Work with Macro Method

By Alysha Abell, B.S. Nutrition, Master of Public Health, Certified Functional Nutrition Counselor



I get asked a lot what coaching with me actually looks like. The real week-to-week version. Every client starts with a deep look at your life, not just your food. Your stress, sleep, diagnosis if you have one, goals, movement, and what your day looks like. From there I build a personalized nutrition and movement plan around your lifestyle, not a one size fits all template. My approach is built on addition before subtraction. I start with what you already eat, and build from there, so it never feels like a huge overhaul at once. Instead of stripping food away, we add protein, volume, and nutrient dense foods, along with blood sugar stability, which alone resolves a huge amount of fatigue, cravings, and inflammation. Changes are conservative and incremental on purpose. Big overhauls do not last. Small, sustainable shifts do.



You are not handed a plan and left to figure it out. We check in weekly, and I adjust your nutrition and movement based on how your body is responding, not how a generic program assumes you should respond. If something is not working, we change it. This is not a one and done meal plan. It is an ongoing relationship where I am in your corner every step of the way. I coach through a minimum three-month commitment, because real physiological change, especially with hormonal or autoimmune involvement, takes longer than a few weeks to stick. Everything is virtual, so you never have to worry about fitting a visit into an already full schedule, and clients get full access to me between sessions, not just during a scheduled time. At the core of it is one belief. Food is medicine. A clinical approach, using food strategically based on how your body works, backed by science, not trends. If you have tried programs that gave you a plan and went silent or never had a coach who actually adjusts with you, this is different. This is Macro Method. Ready to see what personalized coaching actually looks like? Scan the QR code and fill out the short form. I will personally reach out to schedule your free consultation, or find me at @macro_method_nutrition on Instagram. ■



For more detailed information, email alysa.macromethod@gmail.com.

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LOCAL BUSINESS

Keep your Home Safe FROM FALL FRIGHTS

Submitted by A Plus Home Watch of Arizona

As the desert heat finally cools and pumpkins appear on porches, October brings a welcome shift — fall décor, festive events, and the start of travel season for many Arizona homeowners. But while autumn is full of fun, it can also bring a few “tricks” you don’t want to show up at your home *while you’re away*.

That’s where A Plus Home Watch of Arizona steps in — your trusted partner in keeping your vacant home safe, secure, and running smoothly when you’re not there to watch over it.

HOME WATCH
October is known for surprises — but none of them should come from a home sitting empty. A Plus Home Watch of Arizona professionals provide scheduled, visual inspections designed specifically for homes left unoccupied during travel, seasonal transitions, or extended absences.

From water leaks and electrical concerns to pests, storms, or signs of forced entry, trained eyes notice what others miss.

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THIS OCTOBER, DON'T LET YOUR HOME BECOME A MYSTERY
Enjoy fall festivals and Halloween fun — while we take care of your home *in your absence*. You deserve peace of mind all season long with A Plus Home Watch of Arizona.

For more information, call (480) 253-7665 or visit aplus-homewatch.com/about-us.



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BEYOND THE CACTUS

Unexpected Arizona — hiding in plain sight



WHO'S REALLY ROAMING ARIZONA?

You may know one famous Valley herd. But Arizona has another four-legged story most of us drive right past.

By Kris Miller

Most Valley residents have heard about the wild horses along the Salt River. But here's a question: **what if I told you thousands of another kind of wild animal are living in Arizona — some only about 25 miles northwest of Phoenix?**

They're burros. And once you start looking into their story, it gets even better.

THE TOWN WHERE TRAFFIC HAS FOUR LEGS

In Oatman, an old mining town on Historic Route 66, wild burros regularly wander down Main Street. They mingle with visitors, stand beside weathered storefronts and occasionally decide that cars can wait.

They aren't props brought in for tourists. Their ancestors were working animals used by miners and prospectors beginning in the 1860s. When mining faded, some burros escaped or were released. Their descendants adapted to the harsh Black Mountains — and they're still there.

Oatman sits within the **Black Mountain Herd Management Area**, managed by the Bureau of Land Management (BLM). At roughly **1.1 million acres**, it is Arizona's largest BLM wild horse or burro Herd Management Area. In March 2026, BLM estimated about **3,896 wild burros** there.

NOW FOR THE SURPRISE CLOSER TO HOME

You don't have to drive to Oatman to be in burro country. The **Lake Pleasant Herd Management Area** lies just 25 miles northwest of Phoenix, west of I-17 and north of State Route 74.

It covers about **103,000 acres** of federal, state and private land. In March 2026, BLM estimated approximately **2,303 burros in and surrounding the area** — dramatically higher than its newly established Appropriate Management Level of 140 to 250.

The population had grown enough that BLM conducted a major gather this spring. Between April 1 and June 8, **868 burros were gathered**. BLM says its management includes gathers and removals, fertility control and adoption or sales programs, with the goal of supporting healthy animals and healthy rangelands while addressing property and public-safety concerns.

**Same agency. Different herds.
And one of them is practically in our backyard.**

SO WHY OATMAN?

Because there, the history walks right into town. Oatman's burros share the street with Route 66 travelers in a place that still feels connected to Arizona's mining past. And 2026 gives you another reason to go: **Route 66 is celebrating its 100th anniversary.**

ONE LAST THING: Wild burros may appear calm, but they are wild animals. BLM advises visitors not to approach or feed them.

WHY BEYOND THE CACTUS? Arizona is full of stories hiding in plain sight. Each month I'll go looking for another one. Know an unusual Arizona place, fact or mystery I should explore? Send it my way — it may become a future column.

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